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I started working for the Department of Corrections at the end of October 2012. That is when I first learned about the State of Nebraska Wellness program. I am 22 years old and can say I never really had the frame of mind to start working out to be healthy. I always said that I would start working out and eating healthier, but I just could not motivate myself to do anything.

When I started looking into the Wellness program, I noticed that there are so many different programs to help you get healthy and it really gave me that boost of confidence to start getting on track with my health. My husband and I both decided to work towards qualifying for the Wellness Health Plan and used this motivation and incentive to start getting in better shape.

We purchased a treadmill and a weight bench for our home, to make sure that we could work out whenever we wanted to instead of trying to find a gym, because we all know that sometimes that is not easy to find the time for. I have a two year old daughter and I'm currently pregnant with my second child which is exciting in its own, but now I know I can do things that I never really did when I was pregnant with my first daughter. I can walk on the treadmill to get some exercise into my day, or even take a walk outside when the weather permits. With a two year old, I get plenty of running around time, playing with her.

The wellness program really helped me realize that I need to get healthier for myself and my family. I want to be around and healthy to see my children have families of their own. I am really glad that I can be part of such a great program that has changed the lives of so many people and I can include myself in those statistics.

I am glad to know that for years to come I will have the support of the State of Nebraska and the Wellness program to be as healthy as I can be. I created a workout Excel sheet that can help keep track of your workouts. I would love to share this with anyone that would like to use it. [WORK OUT EXCEL](#)

